

Registration

To register for the 5 A Day Challenge please complete this registration form and return it to Elizabeth Fiehler at elizabethj.fiehler@ky.gov, to mail stop HS2W-D by July 1 or drop it in the designated box in the CHR Building lobby by 11:30 am on July 5 at the conclusion of the 5 A Day kick-off.

Name: _____

Email and phone extension: _____

Team Name: _____

Department and Division: _____

Team Captain Name: _____

Team Captain Phone and email: _____

Schedule of Events

July 5 - Kickoff at 10 a.m.

July 20 – Fruit/Veggie decorating contest

Aug. 8 – 5 A Day Challenge concludes

Aug. 18 - Recipe contest and grand finale

Please answer the following questions to help to measure our progress during the 5 A Day Challenge. Thanks for your time.

1. Your gender: ☐ Male ☐ Female
2. Your age group: ☐ Under 25
☐ 25-34 ☐ 35-44 ☐ 45-54
☐ 55-64 ☐ 65+
3. How many servings of fruits, including juices, do you usually eat every day? _____
4. How many servings of vegetables do you usually eat daily? _____ Do not include fried vegetables such as French fries or potato chips.
5. The following is a list of reasons why many people don't eat enough fruits and vegetables. Please indicate whether or not these reasons apply to you:

Cost

☐ Yes ☐ No

Availability/variety/quality in stores

☐ Yes ☐ No

Availability/variety in workplace

☐ Yes ☐ No

Don't like fruit

☐ Yes ☐ No

Don't like vegetables

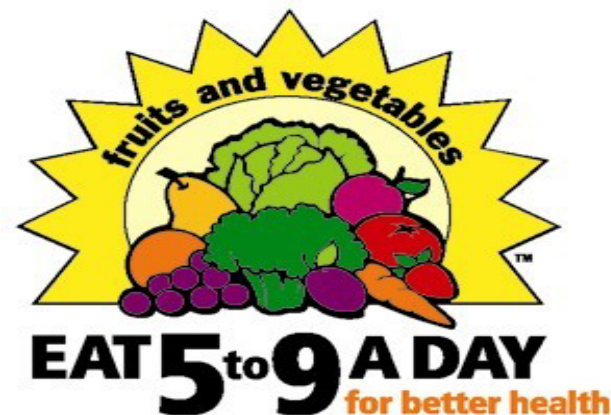
☐ Yes ☐ No

Lack of preparation time

☐ Yes ☐ No ☐ Don't Know

CHFS Wellness and Health Promotion Program Announces The 5 A Day Challenge

Sponsored by the Nutrition
Subcommittee



A Word from the First Lady

We are excited that CHFS is continuing to carry out the Get Healthy Kentucky! Initiative. The 5 A DAY Challenge will continue the Cabinet's initiative to have a healthier workforce and assist in combating the obesity epidemic throughout the state.

-- First Lady of Kentucky **Glenna Fletcher**

Secretary Holsinger issues a challenge

I am proud to announce that CHFS staff is continuing on its wellness path by making good nutrition part of its daily lifestyle. The 5 A Day Challenge begins July 5 and will continue for five weeks. The goal of the nutrition component of the worksite wellness promotion is to increase our fruit and vegetable intake and learn how to make 5 A Day part of our household routines. Eating at least five servings of fruits and vegetables a day can help:

- Prevent cancer and heart disease
- Control blood pressure
- Prevent stroke
- Control diabetes
- Achieve and maintain a healthy weight
- Protect against the effects of aging

I challenge all CHFS employees to make it part of their healthy lifestyle to eat at **least** five servings of fruits and vegetables every day. Better yet, increase your fruit and vegetable consumption to nine servings a day – the new dietary guidelines recommended by the US Department of Health and Human Services and the Department of Agriculture.

Secretary James W Holsinger Jr., M.D.

What is 5 A DAY?

5 A DAY is a national program to promote better health by encouraging Americans to increase their fruit and vegetable intake.

Why take the 5 A DAY Challenge?

Now that we're exercising more and enjoying the benefits of increased physical activity, the next step is to work on our diets. The 5 A DAY Challenge will help us work as a team and do just that!

You will get recipes, produce buying tips, tips for picky eaters, and ideas on how to make getting 5 A DAY easy for the whole family.

Plus there will be fun activities!

- Recipe contest
- Decorating contest
- Scavenger hunt
- Fruit and vegetable sightings
- Fruit and vegetable sampling
- Weekly trivia and other games
- Activities to take home to your kids

So come join the fun!

What is a serving?

You may already be eating your five servings of fruits and vegetable a day without even realizing it. National standards for serving size include:

1 serving equals:

- 1 medium sized piece of fruit
- 1 cup raw fruit or vegetables
- ½ cup cooked or canned fruit or vegetables
- ¾ cup or 6 oz. fruit or vegetable juice

How to tally your intake

First, pick a team (four persons) and have each member register for the Challenge. Then, use a tally sheet like the one below to record your personal daily fruit and vegetable servings weekly and submit to your team captain. The team captain will send the tally forms to Elizabeth Fiehler at elizabethj.fiehler@ky.gov or to mail stop HS2W-D weekly. The finale and prizes will be awarded on August 18, 2005.

The goal to achieve for is a personal weekly total of at least 35 servings of fruits and vegetables.

Week Ending	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Total
July 5-11								
July 12-18								
July 19-25								
July 26-1								
Aug 2-8								
Total								